

# The Elite Jewels

*"Build the MOMENTUM, SEE the Results"*

## ALL-STAR CHEER CONTRACT

2019-2020 Season

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Thank you for choosing to be a part of our program. We are ecstatic to begin the 2019-2020 season. One of our main goals is to make this program as successful as possible! In order to meet that goal, we need your full support. Your child is our first concern, and their success is of utmost importance to us. This is a sport that embodies teamwork, trust, discipline, and hard work.

### MISSION

Our mission is to ensure that each athlete has every opportunity to be the best he/she can be in the sport of competitive cheerleading. Our goal is to teach each athlete what it takes to be successful. We will teach them about commitment, hard work, perseverance, trust, and most importantly a positive attitude. We believe that each athlete and family is important to this program, and we will do everything in our power to maintain a positive, healthy relationship with everyone.

- **Owners**  
Chad & Amy Nimmer  
Deanna Brown-Bokor  
Jennifer Brown-Riggins  
Victoria Brown
- **Gym Administrator**  
Candace Douglas
- **All-Star Cheer Director**  
Kody Sanders
- **Tumbling Director**  
Chris Means
- **Gym Manager**  
Katie Ragan
- **Coaches**  
KellyAnn Howard  
Jerica Head  
Dde Jordan

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## TEAM COMMITMENT

This team is a one-year commitment beginning in May 2019. Each team member is expected to be at every practice throughout the season in order to stay in good standing and remain on the team. If attendance becomes a problem with an athlete, the coach reserves the right to dismiss the athlete from the team. In order for any team to be successful, it is imperative that each member is present so the proper skills can be worked on and advanced. When one person is not present, it affects the entire team. Not only is the routine affected, but also the trust that the athletes share with one another.

## AGES

**These ages are as of August 31, 2019**

DIVISION	AGE
Tiny Novice	3-6 years old
Tiny	5-6 years old
Mini	5-8 years old
Youth	5-11 years old
Junior	5-14 years old
Senior	11-18 years old

- Ages are based on the USASF age grid for 2019-2020.

## PLACEMENT DATES

Date: May 13-17, 2019 Monday through Friday

Time: 4:00-6:00 p.m.

Date: May 18, 2019 Saturday

Time: 1:00-3:00 p.m.

- Pre tryout parent meeting will be Monday, May 6 at 7:00 p.m.
- Post tryout parent meeting will be Monday, May 20 at 7:00 p.m.
- All meetings will take place at Momentum Athletics in Blackshear, GA.
- If you are unable to attend the above dates for placements, you will need to schedule an evaluation time with the coaches. See any staff to set up a time. Good luck to all athletes.
- Please make sure you turn in the following by May 10, 2019
  - Athlete's Information (Online Registration, link is posted below)
  - Financial Agreement
  - Contract Acceptance Form
  - Medical Treatment Consent
  - Copy of Birth Certificate

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## LEVELS

There are 6 levels in all-star cheer. "Level" refers to the type of stunts, pyramids, and tumbling that the team can safely perform. These levels are numbered from 1 to 6, with 1 being the least difficult to 6 being the most difficult. Each athlete will be placed on a level appropriate team. Skills that are needed for each level are in this tryout packet. Throughout the season, athletes will have the opportunity to work on higher level skills so they can advance levels.

## EVALUATIONS

No experience needed! During the evaluation time, each athlete will have the opportunity to show the skills they have to offer to this program. It is okay if the athlete has never cheered before. This process will allow us to find the best possible fit for all levels of athletes.

After evaluations have been completed, the coaches will assemble and decide upon team placements. We want each team to have a successful season for the upcoming year. After rosters have been set, we will contact each family to let them know the results. We will send this information by email, so please make sure you provide us with a working email address. This process will be completed by noon on Monday, May 20th. We will have our parent meeting Monday, May 20 at 7:00 p.m.

## COST/TUITION

- Before you consider this, or any program, please consider the financial commitment involved. All planned costs are in this packet. However, there are always unforeseen costs that come up throughout the year and we will do our best to let you know in advance. There will be 12 monthly payments due by the 10th of each month. This price covers tuition, competition fees, choreography/music, USASF credentialing fees and will not fluctuate from month to month. We feel that this one time monthly fee will make financial planning much easier for each family.
- We also have a booster club that will help offset these costs. You must be willing to work to raise money for your athlete. If the money is not raised, you will be expected to pay for these fees out of pocket.
- It will also be the responsibility of the family to provide transportation to all competitions. Each family will also be responsible for any hotel accommodations if staying the night before the competition.
- This year, each athlete will be responsible for a uniform, bow, warm-up suit, backpack and shoes. Practice attire will not be mandatory this year due to everyone purchasing a new uniform. However, next year practice attire will be mandatory. We will have practice attire available for purchase this year if you are interested. The practice attire will include 2 tops and 2 bottoms.

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## FEE ESTIMATES

2019-2020 Fee Estimates			
Level	Tuition	All-Star Fees	Total Monthly for 12 months
Novice - 3 hours (Practice)	\$110.00	\$39.00	\$149.00
	\$125.00 with 1 hr tumbling \$145.00 with 2 hr tumbling		\$164.00 with 1 hr tumbling \$184.00 with 2 hr tumbling
Prep - 3 hours (Practice)	\$110.00	\$43.00	\$153.00
	\$125.00 with 1 hr tumbling \$145.00 with 2 hr tumbling		\$168.00 with 1 hr tumbling \$188.00 with 2 hr tumbling
Level 1 - 4 hours (Practice)	\$125.00	\$72.00	\$197.00
	\$145.00 with 1 hr tumbling \$155.00 with 2 hr tumbling		\$217.00 with 1 hr tumbling \$227.00 with 2 hr tumbling
Level 2 - 4 hours (Practice)	\$125.00	\$72.00	\$197.00
	\$150.00 with 1.5hr tumbling		\$222.00 with 1.5hr tumbling
Level 3 - 4 hours (Practice)	\$125.00	\$72.00	\$197.00
	\$150.00 with 1.5 hr tumbling		\$222.00 with 1.5 hr tumbling
Level 4 - 6 hours (Practice)	\$155.00	\$72.00	\$227.00
Level 5 - 6 hours (Practice)	\$155.00	\$72.00	\$227.00
Level 6/7 - 6 hours (Practice)	\$155.00	\$72.00	\$227.00

- **For Novice, Prep, and Level 1 (the additional tumbling hours will be the hour before practice)**
- **For Level 2 and up (the additional tumbling hours will be held on Friday)**
- **However, if these times and days do not fit your schedule for additional tumbling, you may find something that will accommodate you and your family**
- **If you choose ACH, you will save \$10 each month**
- **There will be a 5% discount offered to anyone who pays the tuition in full (12 months) by August 1, 2019.**

### Additional Items (Estimates):

Novice/Prep Uniforms - \$200; Elite Level Uniforms - \$350  
 Jewels Package (backpack, shoes, warm-up jacket and capri) - \$300.00

### All Star Fees

USASF Registration Fee - \$30

Choreography Camp - \$100

Coach's Fees - \$150

Level 1-5: Competition Registration Fees - \$580 (6 Competitions)

Prep: Competition Registration Fees - \$231

Novice: Competition Registration Fees - \$181

Music for the Season will be divided among the number of girls in the program. Music will cost \$700 per team. This amount will be given as soon as the teams are chosen.

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## HOLIDAYS/BREAKS

All star cheer is a 12 month program. We will begin practicing in May and continue practicing for the remainder of the season.

The following dates are available for holidays and vacations throughout the 2019-2020 season:

**Memorial Day: May 25 - May 27**

**4th of July: July 1 - July 7**

**Labor Day: August 31 - September 2**

**Fall Break: October 12 - October 14**

**Thanksgiving: November 27 - December 1**

**Christmas: December 23 - January 1st**

**Spring Break/Easter: April 6 - April 12**

This season we will make exceptions for vacations during the summer. We will allow for one week during this time. Please make sure that you turn in your vacation schedule at the first parent meeting. ***Vacations during the competition season will be counted as an unexcused absence.***

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## PARENTS

Without your full support, this program will never reach its full potential. Attendance for all athletes is mandatory unless cleared with the coach. When one athlete is missing, the rest of the team suffers. If your child misses three unexcused practices then he or she could be dismissed from the team or placed on alternate status. Please clear all absences with the coach before your child misses practice. If it is not cleared beforehand, it will be counted as an unexcused absence. If chosen for this team, this team will take precedence over all other sports. If you think that other activities will interfere with this team, then you may want to rethink your child trying out for this team. A schedule with practices and competitions will be given out as soon as teams have been chosen. This will not interfere with middle or high school cheer. We will have late practices to allow for this.

### **This is what will constitute as an excused absence:**

- 1) Funeral or death in the family
- 2) Illness with a doctor's note
- 3) Unforeseen weather conditions

<b>Fees</b>	<b>Amount</b>	<b>Due Date</b>
Jewels Package	\$300.00	June 1, 2019
Competition Uniform	\$350.00	July 1, 2019
Novice/Prep Uniform	\$200.00	

- These prices are approximations. An exact amount will be given when the information has been received from Rebel. The Booster Club can help offset all of these costs.

We do not allow gossip or negativity about other teams, gyms, teammates or staff members. If you can not adhere to this policy you will be asked to become a drop off parent. This means you will no longer be allowed in the lobby and can only drop-off/pick-up your athlete. All parent complaints must be in writing and placed in the team box. Once the complaint has been discussed, you will be contacted by your team leader.

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## ATHLETES

It is very important that you understand what this agreement entails. This sport is very demanding and you need to be able to put 110% into every aspect of it. This is a commitment not only to this program but also to your team. The work to get better doesn't stop when we end practice. You have to maintain a healthy and strong muscular system to remain competitive. Every gym across the country is working hard to beat you so, make sure the work you put in is making you progress.

### Athlete Expectations

Respect your coaches  
Respect your teammates  
Have a positive winning attitude  
Be coachable  
Bring a champion's mindset to practice  
No jewelry  
No cell phones

### Discipline

**1st Violation:** A meeting with the athlete.

**2nd Violation:** A meeting with the athlete and parents.

**3rd Violation:** The athlete may be removed from the team or the entire program.

### Health of the Athlete

As a company, we are taking the health of our children very seriously. This is something that all of us (coaches, athletes, and parents) can contribute to and make an effort to stay healthy.

These are things that need to happen inside and outside of practice

- Stretching everyday
- Ice and heat for sore muscles
- If you think you are hurt, please talk with your coach immediately

### Injuries

If an injury should occur, it is the responsibility of the parents to seek medical care. If it is an emergency, we will call 911. Once a physician has been seen, please provide a doctor's written plan of action to return to the sport. A doctor must release the athlete if a serious injury has taken place.

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## PRACTICES

1. Parents are not allowed in the practice area unless instructed by coaches or the owner.
2. If you are staying to watch practice, you **MUST** refrain from distracting athletes during practice.
3. Cell phones are not to be used during practice unless the coach has given permission. If an athlete is caught using a cell phone then it will be taken up and a parent will have to pick it up.
4. No food is allowed during practice. If you need to eat, it needs to be done before practice starts.
5. Practice will start and end at the correct time. If practice is at 6:30 pm, you are late as of 6:31 pm. If practice ends at 6:30 pm, then you will be released at 6:30 pm.
6. Water and gatorade are the only drinks allowed by athletes at practice.

**Bullying will not be tolerated. If we hear or witness any athlete bullying someone, then the athlete will be dismissed from the program immediately.**



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## ATHLETE'S INFORMATION

Please login into JackRabbit and fill out the information if you are a new customer. If you are a returning athlete, then just login and check to update information.

<https://app3.jackrabbitclass.com/regv2.asp?id=534357>

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## FINANCIAL AGREEMENT

When you sign this contract, you need to take everything into consideration. We will do everything in our power to make your child into a strong-willed and strong minded athlete. Having stated that, this is a professional business. As much as we all wish, this sport is not free. If your child has broken institutional rules or for whatever reason been dismissed from the team, you are still obligated to pay the fees agreed on for the remainder of the All-star season. Monthly Tuition fees are due by the 10th of each month. If tuition fees are late, then a \$25 late fee will be added to the monthly tuition. Any delinquent account will result in an athlete not being allowed to practice.

We also have a Booster Club that will help with the costs of this program. However, you will have to work in order to see the rewards. If you do not work and raise the money, you will be responsible for the expenses.

This may seem as if we are asking for a lot but we promise that is not the case. This agreement is to ensure that you, as a parent or guardian, are also held to a commitment.

**Athlete's Name:** \_\_\_\_\_

**Father's Name:** \_\_\_\_\_

**Fathers Signature:** \_\_\_\_\_

**Mothers Name:** \_\_\_\_\_

**Mothers Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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## CONTRACT ACCEPTANCE FORM

### 2019-2020 All-Star Contract Acceptance Form

This is a binding contract between the parties, the conditions and agreements are enforceable in the proper courts and all monetary terms are collectable when due.

I fully understand that if any of the above stated rules are violated by any of the family members, the result could lead to the athlete's immediate removal from the Momentum Athletics All-Star program.

### Permission Statement & Photo Release

My child/ren has permission to participate at Momentum Athletics. I confirm this athlete(s) is in good health. I am also fully aware of and appreciate the risk of participating in any activity on the premises of Momentum Athletics including personal damages and losses; accidental injuries, minor or serious, including head and neck injury; and loss of life. I hereby give my permission for Momentum Athletics officials to call a doctor and/or paramedics for treatment in the event of an emergency. I further agree not to hold any Momentum Athletics official or staff member responsible for any possible illness, accident or injury which may occur in training, class or on the Momentum Athletics premises.

I do hereby verify that I fully understand and accept the above statements and the guidelines set forth in this contract. Upon signing, I give my permission to Momentum Athletics for photographs or video tapes to be taken for the purpose of, and use in publications, promotions, and/or for other reasons that could expose a recognizable member of my family to the public.

**All-Star Name:** \_\_\_\_\_ **All-Star Signature:** \_\_\_\_\_

**Father's Name:** \_\_\_\_\_ **Fathers Signature:** \_\_\_\_\_

**Mothers Name:** \_\_\_\_\_ **Mothers Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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## MEDICAL TREATMENT CONSENT

I, \_\_\_\_\_ [Full Legal Name of Parent/Guardian], being the [parent/legal guardian] of \_\_\_\_\_ [Child's Full Name] authorize ***Momentum Athletics*** to seek, obtain and consent to [routine medical care and treatment/emergency medical care and treatment/surgery/hospitalization/blood transfusions/dental care and treatment/other] for \_\_\_\_\_ [Child's Full Name] as deemed necessary by a licensed medical or healthcare professional.

### **Child's Information**

Child's Full Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

### **Parent/Guardian's Information**

Parent's/Guardian's Name 1: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number (H): \_\_\_\_\_ Phone Number (C): \_\_\_\_\_

Parent's/Guardian's Name 2: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number (H): \_\_\_\_\_ Phone Number (C): \_\_\_\_\_

### **Child's Health Information**

Health Conditions (e.g. Asthma, Diabetes): \_\_\_\_\_  
Allergies (e.g. to Medications, Food): \_\_\_\_\_  
Prescription Medications: \_\_\_\_\_  
Date of Last Tetanus Injection/Booster: \_\_\_\_\_

### **Child's Medical Care and Insurance Information**

Physician/Pediatrician: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Dentist/Orthodontist: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Preferred Medical Facility: \_\_\_\_\_  
Insurance Company: \_\_\_\_\_  
Policy/Group Number: \_\_\_\_\_ Policy Holder: \_\_\_\_\_

### **SIGNATURE OF PARENT/GUARDIAN**

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Print Name \_\_\_\_\_

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## OTHER IMPORTANT DATES

**July 22-27**

Prep Choreography Camp

**July 15-20**

Level 1 Choreography Camp

**July 8-13**

Level 2 Choreography Camp

**June 10-15**

Level 3 Choreography Camp

**July 17-22**

Level 4 Choreography Camp

**June 24-29**

Level 5 Choreography Camp

**Other Camps TBA:**

Skills Camp

Tumbling Camp

Flight Camp

Jump/Stretch Camp

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## 2019 ALL STAR CHEER COMPETITIONS

Competition	Date	Location
Battle Under the Big Top	12/14-15/2019	Atlanta, GA
Diamond Championship*	01/18/2020	Jekyll Island, GA
Savannah Diamond*	02/01/2020	Savannah, GA
Cheersport Nationals	02/15-16/2020	Atlanta, GA
Reach the Beach*	03/21/2020	Daytona Beach, FL
Cheersport Grand* Championship	04/19/2020	Jacksonville, FL

\* Tiny Novice and Prep Level will attend these competitions.

## OTHER POSSIBLE COMPETITIONS

Competition	Date	Location	Price
UCA Nationals	03/14-15/2020	Orlando, FL	Appx. \$400
King of the Jungle	04/18-19/2020	Myrtle Beach, SC	Appx. \$175
U.S. Finals	04/25-26/2020	Pensacola, FL	Appx \$175
Diamond Finale	05/02/2020	Jacksonville, FL	Appx \$51
D2 Summit	05/8-10/2020	Orlando, FL	Appx \$175

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## TUMBLING AND STUNTING GUIDE

### Level 1

Standing	Running
Forward Roll, Backward Roll, Cartwheel, Handstand Forward Roll, Back Extension Roll, Front Walkover, Back Walkover, Connected Skills - Cartwheel Back Walkover	Round Off, Cartwheel Back Walkover, Front Walkover to Cartwheel/Round Off, Cartwheel 1/2 turn Front Walkover

### Level 2

Standing	Running
Standing Back Handspring, Back Handspring Step Out, Back Walkover Back Handspring, Back Handspring Step Out Back Walkover Back Handspring, Back Extension Roll Back Handspring	Cartwheel Back Handspring, Round Off Back Handspring, Round Off Back Handspring Step Out, Round Off Back Handspring or Series, Front Walkover to Round Off Back Handspring Series

### Level 3

Standing	Running
Series of Back Handsprings, Jump to Back Handspring, Back Handspring Series - Jump - Back Handspring Series, Back Handspring Step Out Back Handspring Combo	Ariels, Punch Front, Round Off Tuck, Round Off Back Handspring Tuck, Round Off Back Handspring Series to Tuck, Front Walkover Round Off Back Handspring or Series to Tuck, Aerial Roundoff Back Handspring Tuck

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## Level 4

Standing	Running
Standing Tuck, Back Handspring Tuck, Back Handspring Series to Back Tuck, Jump Back Handspring Tuck, Back Handspring Series to Layout, Jump Back Handspring Series to Layout, Back Handspring Tuck Back Handspring Series to Layout, Standing Tuck Back Handspring Series to Layout, Handspring Whip Back Handspring Series to Layout	Cartwheel Back Tuck, Round Off Layout Front Walkover Round Off Back Handspring Layout, Punch Front Step Out Through to Layout, Front Handspring Punch Front Step Out Through to Layout, Punch Front Step Out Round Off Whip Handspring Series to Layout

## Level 5

Standing	Running
Jump Back Tuck, Back Handspring Series to Full, Jump Back Handspring Series to Full, Back Handspring Tuck Back Handspring Series to Full, Back Handspring Whip Back Handspring Series to Full	Round Off, Cartwheel Back Walkover, Front Walkover to Cartwheel/Round Off, Cartwheel 1/2 turn Front Walkover

## Level 6

Standing	Running
Jump Back Tuck, Back Handspring Full, Jump Back Handspring Series to Full, Back Handspring, Whip Back Handspring Series to Full, Standing Full, Jump Standing Full, Back Handspring Series to Double Full, Back Handspring Series to Whip Punch Double, Back Handspring Whip Punch Double	Punch Front Step Out Round Back Handspring Full, Round Off Whip Back Handspring series to Full, Round Off Whip Punch Full, Round Off Back Handspring Double, Punch Front Step Out Round Back Handspring Double, Round Off Whip Back Handspring series to Double, Round Off Whip Punch Double, Round Off Arabian to Round Off Back Handspring Double, Round Off 1.5 to Round Off Back Handspring Double, Any above Trick to Whip Punch Double.



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## Level 1

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Inversion to ground level	Switch up to lib or body position below prep level, Tic Toc below prep level to lib or body position, Tic Toc below prep level body position to body position	1/4 twisting transition to below prep level, 1/4 down to ground level, 1/4 twisting transition to prep level	Step down, straight cradle, 1/4 transition to ground, foot down tumble out	No tosses in level 1

## Level 2

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Inversion from ground to prep level, Inversion from ground to extension	Switch up to prep level body position, Tic Toc at prep level lib to lib or body position, Tic Toc at prep level body position to body position	1/4 twisting transition to prep level 1 leg, 1/2 twisting transition to extension	Straight cradle from extension, Straight cradle from prep level 1 leg, 1/4 twisting dismount from prep or extended 2 feet	Straight ride toss

## Level 3

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Inversion to extended 1 leg stunt	Prep level lib Tic Toc to extended body position, Ball Up to prep level body position, Switch up to prep level body position	Full up to prep level body position, 1/2 up to extended 1 leg stunt, Full twisting transition to prep level body position	Straight cradle from extended body position, Full down from 2 feet	Ball Arch, Pike Arch, Kick Arch, Ball X, Toe Touch, Full Twist

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## Level 4

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Released inversion from below prep level to extended stunt	Body position to body position Tic Toc high to low, Release from below prep level to extend body position	1 1/2 twisting transition to immediate body position, Extended full twisting transition to extended 2 feet	Full down from extended body position, Double down from 2 feet	Pike X, Hitch Kick Arch, Double Toe Touch, Ball Full, Kick Full, Double Full

## Level 5

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Release inversion from prep level to extended 1 leg	Lib to body position high to high Tic Toc, Full twisting switch up to 1 leg, 1/2 turning ball up to extended body position	Full up to extend body position, 1 1/2 twists to extended stunt	Double down from body position	Hitch Kick Full, Switch Kick Full, Kick Full Kick, Kick Double

## Level 6

Inversions	Release Moves	Twisting Mounts	Dismounts	Tosses
Release inversion from prep level to extended body position	Body position to body position high to high Tic Toc, Full twisting switch up or Tic Toc to body position	1 1/2 to extended body position, 1 3/4 to extended body position, Double up to extended 1 leg	Double down from body position, Kick double dismount	Hitch Kick Double, Switch Kick Double, Kick Full Kick Full